

### Abstract

A lightweight valve (1) for internal combustion engines is proposed, which comprises a valve stem (3), a hollow valve cone (7) and a valve disk (9) closing the valve cone (7). In this connection, the valve stem (3) is provided with a hollow space (5) at its end facing the valve disk (9). The lightweight valve (1) is characterized by at least one force transmission element (19) which is provided on the valve disk (9) and extends through the hollow valve cone (7) into the stem hollow space (5).

(figure 1)